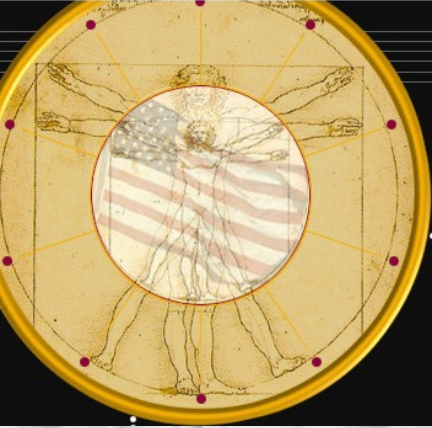




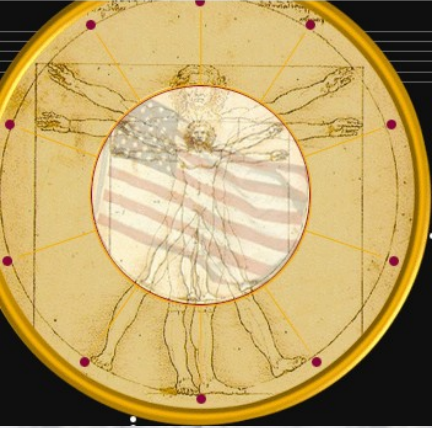
Navy Physical Readiness Program

Ship Shape

An Action-Oriented Weight Management Program



Sep 4, 201



Navy Physical Readiness Program

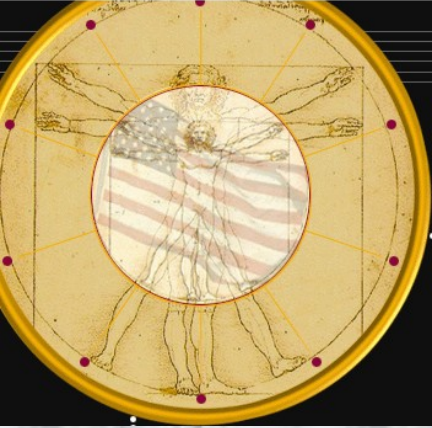
SHIPSHAPE

- A BUMED-Approved Weight Management Program

Designed to provide:

- Basic knowledge of nutrition
- Healthy eating skills applicable to Navy life
- Behavior modification
- Exercise principles
- Stress management skills



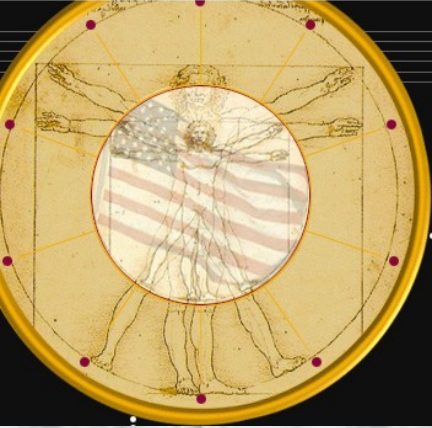


TARGET POPULATION N?



Any active duty sailor who is:

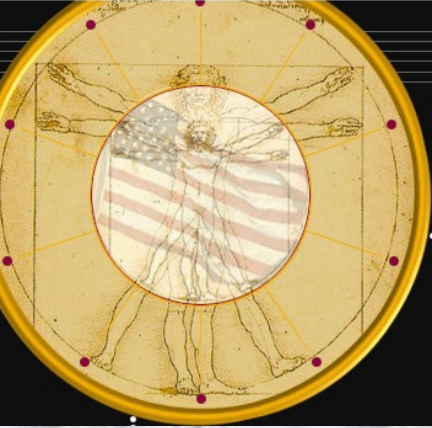
- At risk for exceeding body fat
- Out of body fat standards



LEVEL III OBESITY PROGRAM HAS BEEN ELIMINATED

- No evaluation available on the effectiveness of the program
- Costly to commands
- Not accessible to all Navy personnel
- Gone officially 1 OCT 00





SHIPSHAPE

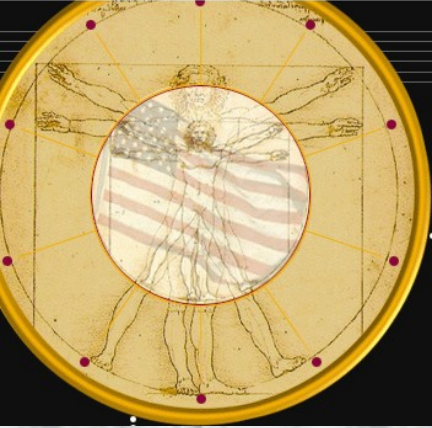
SHIPSHAPE PROGRAM

- Ten weeks in duration (meet once per week at local MTF)
- Based on the latest research factors for success in weight management
- Will have ongoing evaluation process
- Readily accessible for all commands



Sep 4, 2011

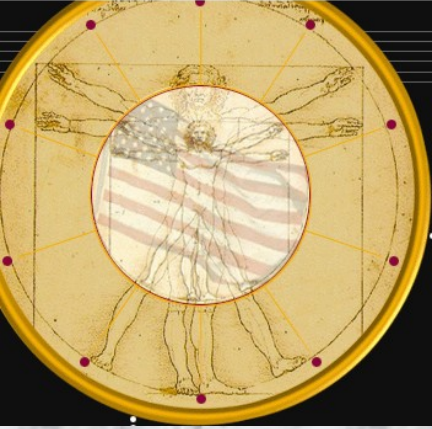
• Collaborative process with



PROGRAM REQUIREMENTS

- Personnel will require command endorsement to attend
- Personnel will be screened for eating disorders and other disqualifying factors
- Participants complete Weight Loss Readiness

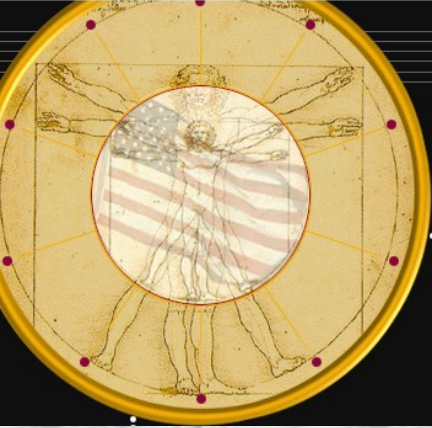




SHIPSHAPE

COURSE CONTENT

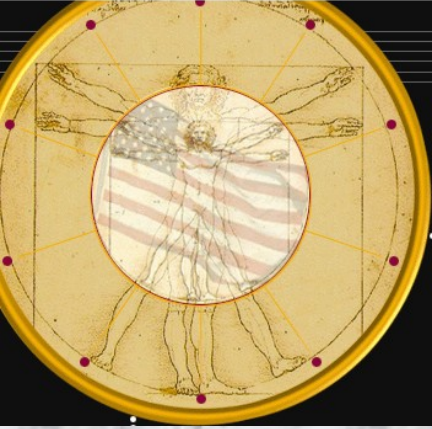
- Week 1 Orientation
- Week 2 Making Healthy Choices
- Week 3 Nutrition Facts & Fallacies
- Week 4 Move Your Body
- Week 5 Eating on the Run
- Week 6 Building Your Support Team



SHIPSHAPE

COURSE CONTENT

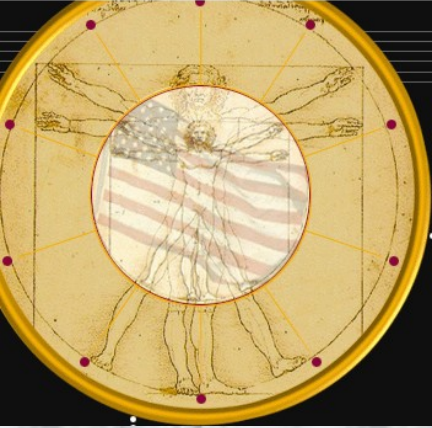
- Week 7 Listening to Your Body's Language
- Week 8 Breaking the Chain to Emotional Eating
- Week 9 Life in a Pressure Cooker
- Week 10 Long-term Success



FACTORS FOR SUCCESSFUL COMPLETION



- 80% Attendance of classes
- Completion of all homework
- Completion of final evaluation of the program



SHIPSHAPE

CURRENT LOCATIONS

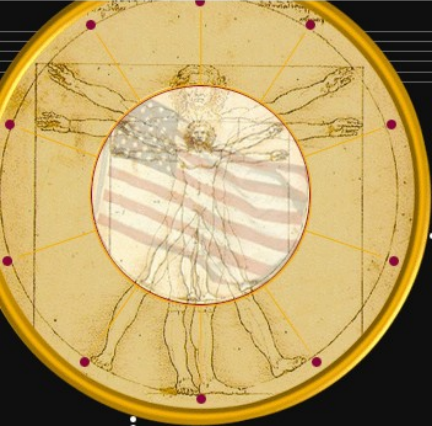
- 20 CONUS SITES

- 7 OCONUS SITES

- Modifying program for deployed ships

Sep 4, 201

Annapolis, MD
Beaufort, SC
Jacksonville, FL
Bethesda, MD
Bremerton, WA
Camp Lejeune, NC
Mayport, FL
Camp Pendleton, SC
Newport, RI
Charleston, SC
Cherry Point, NC
Pensacola, FL
Groton, CT
Kings Bay, GA
Lemoore, CA
Pax River, MD
Corpus Christi, TX
Portsmouth, NH

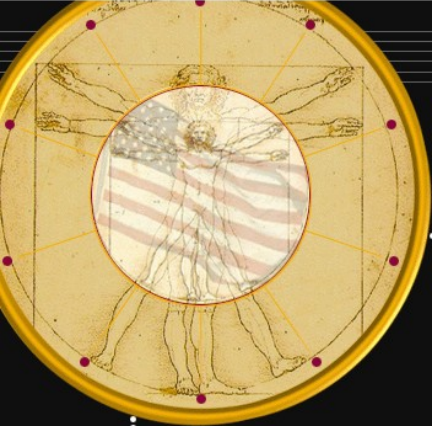


SHIPSHAPE

CURRENT LOCATIONS

- **20 CONUS SITES**
- **7 OCONUS SITES**





SHIPSHAPE

Points of Contact

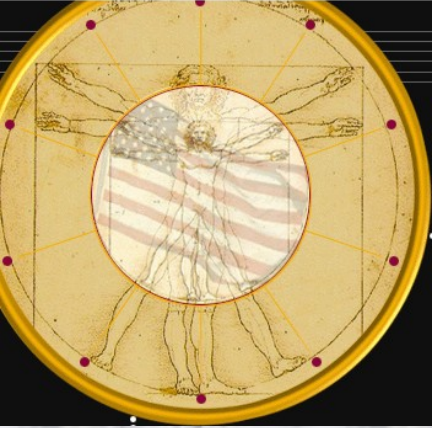
WWW.MWR.NAVY.MI



Nutrition Programs

Shipshape

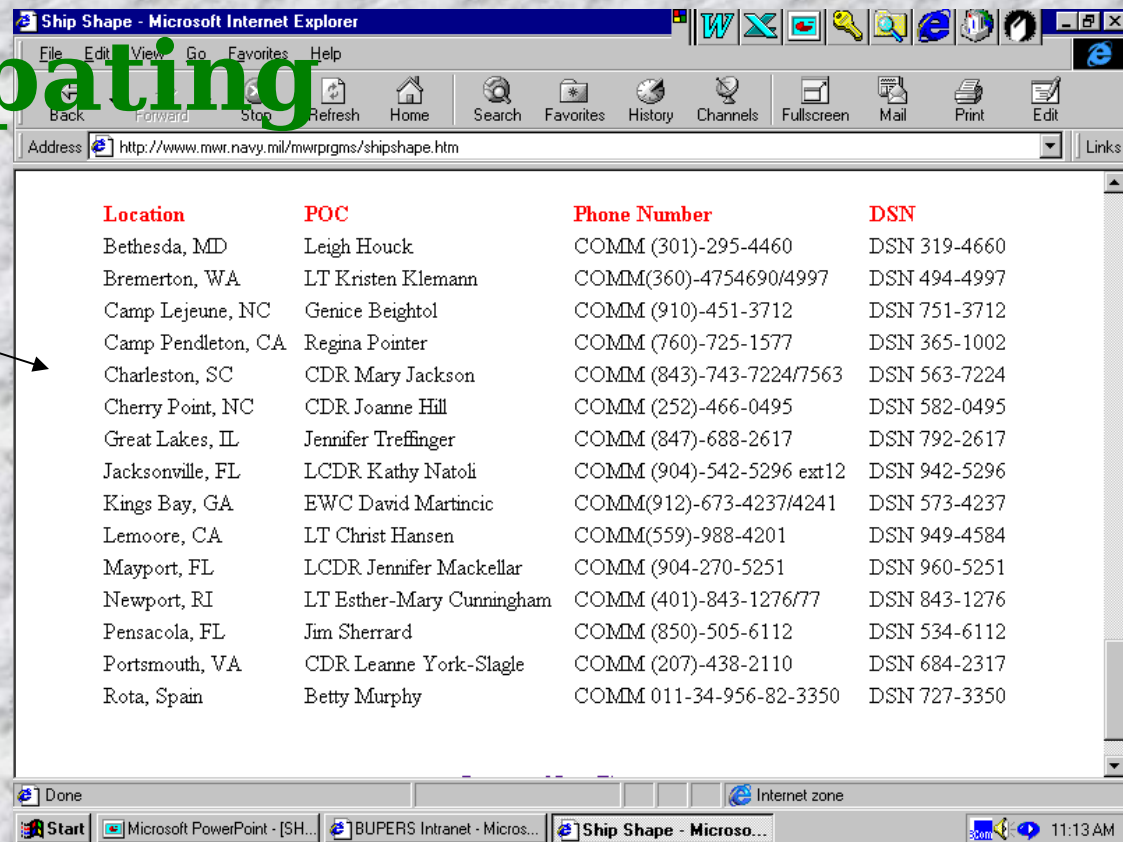
Sep 4, 201



SHIPSHAPE

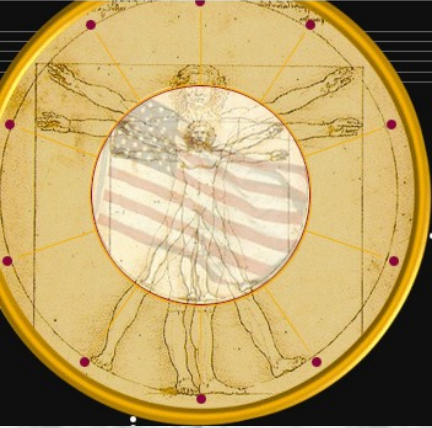
Points of Contact

Phone numbers listed for all
MTF's participating



Location	POC	Phone Number	DSN
Bethesda, MD	Leigh Houck	COMM (301)-295-4460	DSN 319-4660
Bremerton, WA	LT Kristen Klemann	COMM(360)-4754690/4997	DSN 494-4997
Camp Lejeune, NC	Genice Beightol	COMM (910)-451-3712	DSN 751-3712
Camp Pendleton, CA	Regina Pointer	COMM (760)-725-1577	DSN 365-1002
Charleston, SC	CDR Mary Jackson	COMM (843)-743-7224/7563	DSN 563-7224
Cherry Point, NC	CDR Joanne Hill	COMM (252)-466-0495	DSN 582-0495
Great Lakes, IL	Jennifer Treffinger	COMM (847)-688-2617	DSN 792-2617
Jacksonville, FL	LCDR Kathy Natoli	COMM (904)-542-5296 ext12	DSN 942-5296
Kings Bay, GA	EWC David Martincic	COMM(912)-673-4237/4241	DSN 573-4237
Lemoore, CA	LT Christ Hansen	COMM(559)-988-4201	DSN 949-4584
Mayport, FL	LCDR Jennifer Mackellar	COMM (904)-270-5251	DSN 960-5251
Newport, RI	LT Esther-Mary Cunningham	COMM (401)-843-1276/77	DSN 843-1276
Pensacola, FL	Jim Sherrard	COMM (850)-505-6112	DSN 534-6112
Portsmouth, VA	CDR Leanne York-Slagle	COMM (207)-438-2110	DSN 684-2317
Rota, Spain	Betty Murphy	COMM 011-34-956-82-3350	DSN 727-3350

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Referral Form

- Download a Quota Form
- Have CO Sign
- Send with participant to Orientation

Ship Shape Quota Form - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites History Print

Address <http://www.mwr.navy.mil/mwrprgms/quotashipshape.htm> Go Links >>

Ship Shape Quota Request Form



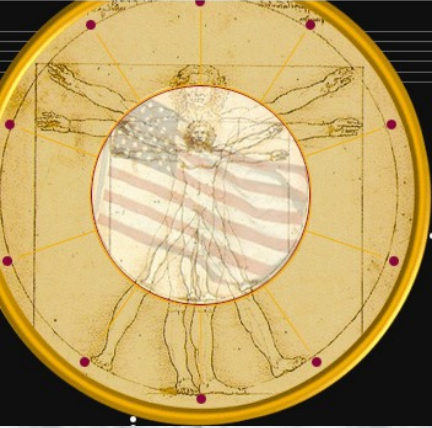
Complete Quota Request Form

Please right click the form below and choose "save target as". Then, save the form to a folder on your hard drive.

[Quota Form](#)

Open the file in Microsoft Word and fill in the form blanks with the appropriate information (see instructions below) and forward to your CO.

Start | Admin | Microsoft ... | MWR - Mic... | Ship Sha... | Internet | 9:15 AM



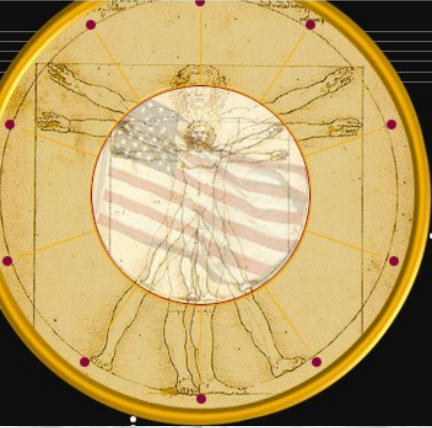
SHIPSHAPE

FACILITATOR TRAINING

- Goal to have all MTF's offering program.
- If your MTF does not currently offer Shipshape contact NEHC for the next round of facilitator training
- POC is Lynn Kistler
DCN 252 5571



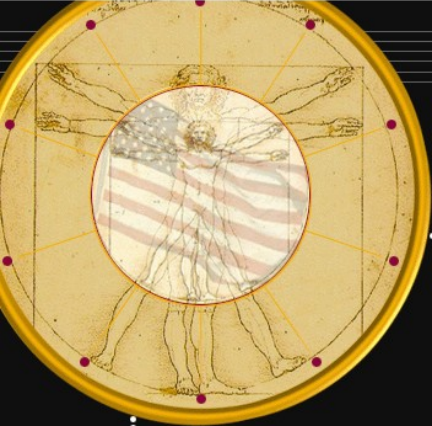
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ROLE OF CFL

- Liaison with MTF Health Promotion Director
- Refer sailors as needed
- Monitor sailors attendance
- After completion record monthly weigh-ins on PRIMS

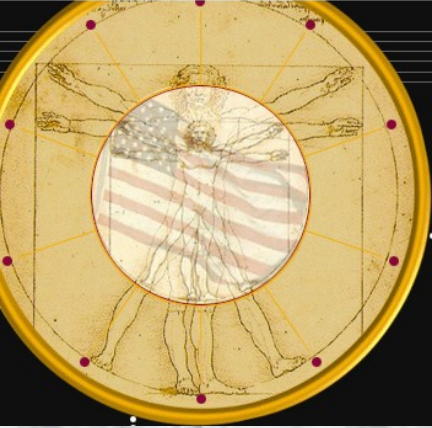




Nutrition Programs

NUTRITION **RESOURCES**

- Quick series (nutrition)
- Navy Nutrition and Weight Control Self Study Guide
- Force Health Protection Nutrition and Exercise Resource Manual
- Peak Performance Through Nutrition and Exercise
- 5 A Day Video
- Folate Pamphlet
- List of all resources on MWR Website
- www.mwr.navy.mil



Nutrition Programs

QUESTIONS?



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